

**Women and Ischemia Syndrome Evaluation (WISE)
Diagnosis and Pathophysiology of Ischemic Heart Disease
Workshop**

October 2-4, 2002

Session 5

1. Topic and Author

Global Risk Assessment – The ARIC Experience

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2. Where we stand in 2002.

Standard coronary heart disease risk factors (age, cholesterol, HDL, blood pressure, smoking and diabetes) were used in models to predict 10-year CHD events among 15,792 middle-aged, black and white, women and men first seen in 1987-9 in ARIC's 4 US communities. Framingham risk equations predict well in both blacks and whites. Adding a number of non-traditional risk factors and measures of subclinical atherosclerosis improved prediction more in men than in women. Most middle-aged men and many women are at more than 10% 10-year risk of CHD events. However women lacking known risk factors are at extremely low risk, and the equations predict better in women than in men. If risk factors could be reduced to the lowest decile of risk in the entire population, this might prevent 90% of events in women and 70% in men.

3. Current challenges and the most important issues for future research.

4. Current challenges in the areas of communicating messages to health care community, patients and the public.

CHD is as preventable or more preventable, based on currently known risk factors, in women as in men.

5. Translating new findings to improved diagnosis and treatment/saving lives.

6. References.